

lesson 12: managing your test anxiety

outcome: Practice performing well under high-stakes testing conditions.

nadia's very bad day

DIRECTIONS: Read the story below. Then, make a list of all of the things Nadia could have done before, during, and after the test in order to care for herself, manage her test anxiety, and perform better.

It's the day of the SAT. Nadia wakes up, stretches out her arms, and thinks, "Ah, today is the day I take the test that will decide my entire future." She looks at the alarm clock and realizes with horror that it did not go off at 7:00 am, the time she set it for. It's now 8:35 am. She has to be at the testing site in 10 minutes or they won't let her sit for the test!

She jumps out of bed and runs to the bathroom, splashes some water on her face and brushes her teeth. When she comes back to her bedroom, she realizes she doesn't have anything clean to wear, so she throws on some jeans that are too tight and a shirt that smells like yesterday's gym socks. She grabs her book bag and starts stuffing supplies into it. All her pencils are unsharpened, the only pen she can find is neon pink, and her calculator was acting funny last time she used it.

She rushes to the testing site and sees that there is a really long line. She waits in line for a few minutes, her stomach rumbling with hunger. Too bad she didn't have time for breakfast. She finally gets to the front of the line, and the proctor asks for her admission ticket. After digging around in her bag for awhile, she realizes she forgot to pack it! After arguing with the proctor for a few minutes, he finally lets her in, but the test is about to begin.

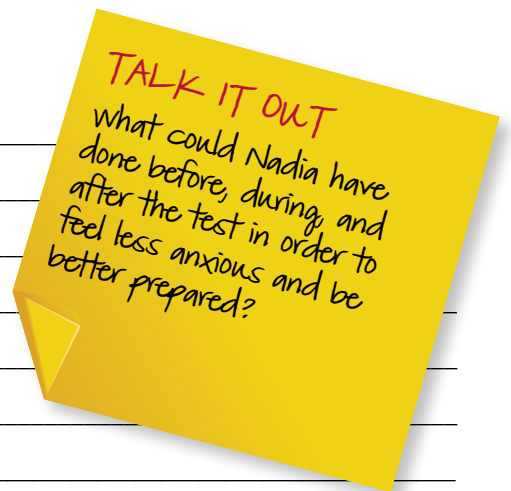
She runs to her seat and plops down just in time for the proctor to say, "Open your booklets and begin." She stares at the open book but the words look like they're in a foreign language. Her stomach is growling, her pants are too tight, and she realizes that this test will take over five hours and she only gets a 10-minute break. She tries to answer the first question, but she has no idea what she's even being asked. Frustrated, she stares at the question until the proctor says, "5 minutes left for this section."

Nadia's Self-Care Strategies

Before the test: _____

During the test: _____

After the test: _____



my self-care strategies

DIRECTIONS: List some steps you will take between today and the day of the big test to manage your stress, prepare, and perform your best.



Before the big test, I will...

A large, empty rectangular box with a light green border, intended for students to write their self-care strategies. The box has a decorative green corner on the top-left side.